



DIRECT CONNECTION

*Current news from the Missouri Division of
Developmental Disabilities to keep you informed*

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MISSION ACCOMPLISHED

PROGRESS REPORT / DIVISION OF DEVELOPMENTAL DISABILITIES JULY, 2013

A PARTNERSHIP OF INDIVIDUALS, FAMILIES, ADVOCATES, PROVIDERS, STATE AND COUNTY GOVERNMENT

The DMH, Division of Developmental Disabilities, comprised of individuals, families, advocates, providers, and state and county government (DD), serves persons with developmental disabilities such as mental retardation, cerebral palsy, head injuries, autism, epilepsy, and certain learning disabilities. To be eligible for services, persons must have substantial functional limitations in two or more of the following six areas of major life activities: self-care, receptive and expressive language development and use, learning, self-direction, capacity for independent living or economic self-sufficiency, and mobility. Our focus is on improving the lives of persons who have developmental disabilities and their families through supports and services intended to enable them to live independently and productively.

FAST FACTS:

1. DD was appropriated over **\$787 million in Fiscal Year 2013** to serve approximately **33,000** individuals.
2. Over **83%** of the Division's budget is used to purchase services and supports for **32,300** or **98%** of the individuals served by the Division living in the community. Other resources are provided by County Senate Bill 40 boards, fund-raising from community providers, and natural supports within the community.
3. In **2006**, there were **17 counties** providing local Targeted Case Management (TCM) services supporting **4,301 individuals**, representing **15%** of persons served. Currently, there are **97 counties** providing local TCM services supporting **over 17,200 individuals**, representing **over 53%** of persons served.
4. As of July 2013, Partnership for Hope Waiver has enrolled **over 2,470** individuals in **98 counties** and the **City of St. Louis**. DD and Senate Bill 40 Board partners continue to encourage the remaining 16 counties not enrolled in the Partnership to join the waiver.
5. In **Fiscal Year 2009** there were **8,948** persons served in the DD Medicaid waivers compared to **12,636** served in **Fiscal Year 2013**.
6. DD habilitation center census has declined significantly from over **1,300 individuals in July 2000** to our **current on campus census of 453 as of July 2013**.
7. Self Directed Supports has grown steadily over the past five years from **168** participants in **Fiscal Year 2008** to **956** participants in **Fiscal Year 2013**.
8. In the past two years, persons enrolled in community employment services have increased from **300 in Fiscal Year 2011** to **600** participants in **Fiscal Year 2013**.

Partnership for Hope amendment

CMS approved an amendment to the Partnership for Hope Waiver adding Scott and Pulaski Counties in July. The waiver renewal application, pending approval with CMS, will add Laclede County. Following the addition of Laclede, Partnership for Hope will be available in 99 counties and the City of St. Louis. Since October, 2010, 2,544 people have received services from this program. Local match totaling \$2,889,264 has brought an additional \$12,069,393 in state and federal funding into these counties.

BRIGHT IDEAS

Rural Connections:

Mountain Grove and the Southwest Missouri Autism Project

Living in rural Missouri can present challenges for families of individuals with developmental disabilities, but it doesn't have to be that way. Increasingly, consumers of the Springfield Regional Office have been afforded unique opportunities for inclusion and active participation in their communities from various points of origin. The Southwest Missouri Autism Project is a resource for families throughout the Joplin and Springfield Regional Office catchment areas. Programs offered by the Autism Projects have the goal to develop the skills of individuals with ASD by providing training and support to families in all the areas serviced by the Regional Offices. In the small town of Mountain Grove, nestled in rural Wright County, MO, TouchPoint Autism Services has certainly made this goal become a reality. Monthly Social Group meetings began in November 2012, and have evolved into a greatly anticipated event by families and project personnel. Events typically include a game, craft, and snack; they offer families the opportunity to engage in meaningful activities together in a non-threatening, encouraging environment. As the father of one young lady with autism said regarding the meetings, "They're beginning to feel like home." True friendship and camaraderie have developed, forming strong bonds between families. The individuals with disabilities have been observed to increase their level of participation and overall enjoyment of social encounters. The group meetings have become an eagerly awaited event on family calendars.



Contributed by Donita Prock, Support Coordinator, Springfield Regional Office

Project STIR “What We’ve Learned and How We’ve Changed”



When asked to help present at the Blasting the Barriers Conference, this group of STIR Graduates took on the responsibility of meeting the goal of sharing what they learned during Project STIR and how they have used the tools to make some changes in their lives.

Project STIR is a training program designed to provide individuals with the tools to advocate not only for self but to mobilize others in advocacy and gain leadership experience. Each person took on the leadership role, not only by agreeing to be part of the panel training but by selecting what part of the training they wanted to take the lead role in. Jessica talked about “**Knowing Yourself**” she talked about her strengths and weaknesses and how important it is to educate others so they know how to help you.

Shelly, Kathleen, Dustin and Adam, discussed styles of “**Communication/Assertiveness**” and how important it is to be able to tell people what you want in a way that helps them want to listen to you. They demonstrated the three styles of communication and explained that they styles of Aggressive and Non-Assertive, are not the best forms of communication to use when trying to tell people what you want. Shelly, Kathleen, Dustin and Adam, explained that Assertive communication is the best for getting others to listen to you. Adam role played how he would get a job of his choice by telling others what he wanted by being assertive and letting them know why it was important to him.

Dustin shared how he used “**Problem Solving**” work through something that was bothering him and he wanted to change. He explained that it is important to relax, said he could do it, figured out what the problem was, thought of solutions and then addressed the problem with someone who he thought could help him. Jessica also share that sometimes when we have problems, we feel frustrated and we must find our Islands of Calm to help us relax and be able to tell someone what is going on. Kathleen and Alice role played how to find the Island of Calm when trying to resolve their issue. They each stepped back, took a deep breath and then offered solutions to resolve their problem. These are tools that each person participating in Project STIR will have the opportunity to learn and practice.

“**Rules, Rights and Responsibilities**” everyone has rights and that means we must follow the rules, we respect the rights of others and take responsibility for our actions. It is not only important that you know your rights, but you are able to speak up for others. You can educate yourself by reviewing a copy of “A Guide for Individuals with Developmental Disabilities to Understanding Rights and Responsibilities” You can find a copy at: <http://dmh.mo.gov/docs/dd/rightsbooklet.pdf> or view using: <http://en.calameo.com/read/0004943218b3e602843ea>.

Through “**Self-Advocacy and Self-Determination**” everyone in the class learned that as a Self-Advocate, you must speak up for yourself, learn to negotiate and ask for what you need. When you are able to advocate for yourself, then you are able to achieve Self-Determination in your life so you are the person who drives your

life decisions and makes things happen in order to live the life your choose. You lead the way not only for yourself but for others through actions. Shelly was very determined to educate herself on who she would vote for in the last Presidential Election. She did this by writing a letter to the candidate to find out his beliefs and political stance in the area of disability. She actually received a response letter back from the candidate. She found by taking the time to speak up and advocate, someone listened to her request and that helped her to figure out who she would vote for. To learn more about Self-Determination, you can find information, training and resources at: <http://dmh.mo.gov/dd/selfdetermination.htm>

One of the actions that members of this panel have taken is **“Starting a Self-Advocacy Group”** or becoming members of a current advocacy group such as “People First” Kathleen is an officer and member of People First and she talked about how the group is like a wheel and the members are like the spokes. When you put all of the spokes together, you get a wheel that functions. As a member of an advocacy group, you can work with others on a shared vision to make changes that will better the lives of everyone in the group and sometimes those changes even better the community you live in.

“Being a Part of the Community”, everyone on the STIR Panel Presentation, shared ways in which they are active and giving back to their community. Alice volunteers at Salvation Army, Kathleen volunteers at the community nutrition site, Jamie volunteers by reading stories to grade school students and sharing his artwork and Adam volunteers in the nursery at his church. Dustin participates in the local county fair and Jessica is active in sports in her community. Shelly is a teacher’s aide at a child development center.

Now you can see some of the things this panel of STIR Graduates have learned and accomplished after they chose to participate in STIR training in their area. If you are interested in taking that next step and attending a STIR class in your area, you can contact the Advocacy Specialist in your region by going to: <http://dmh.mo.gov/dd/Advocacyspecialists.htm> to find out when the next STIR Training will be held in your area.

Taking that next step to attending STIR Training will provide you with skills and tools to not only better advocate for yourself but to also advocate for others that are living a life through the path of Self-Determination.